



RECOGNIZING HEAT OF THE MOMENT THOUGHTS

TASK: Teach your element the importance of being able to recognize “heat of the moment” thoughts.

CONDITIONS: Discussion – Question based

STANDARDS: Understand the importance of identifying “heat of the moment” thoughts.

REFERENCE(S): <https://www.sft.army.mil>



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What are “heat of the moment” thoughts?

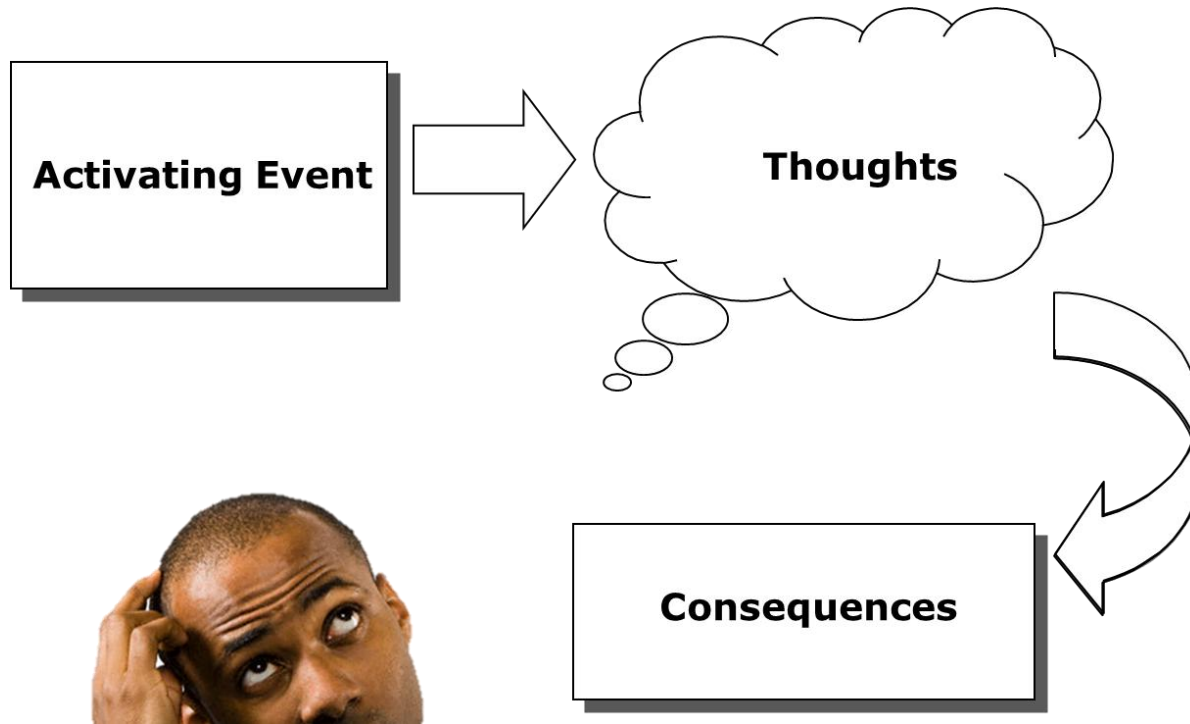
(Ask Soldiers what they think a “heat of the moment” thought is) Discuss the definition.

Definition: Interpretations of an activating event; what you think during the “heat of the moment”.

An individual’s initial emotional reaction to a triggering event. Most people over react to a triggering event without understanding the consequences of their emotions. When dealing both in a professional or personal manner, these over reactions can have a detrimental effect on witnesses subjected to them.



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Self-awareness: Self-awareness is a primary target of being able to identify “heat of the moment” thoughts.



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Activating Event: who, what, when, where

Thoughts:

What he said to himself in the heat of the moment

Consequences:

ER: Emotions, Reactions

Name the uncensored, heat-of- the-moment
Thought.
- Label the **theme** of the Thought.

Identify the **Emotion:** what did you feel?
Identify the **Reaction:** what did you do?

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Identify the **Emotion:** what did you feel?
Identify the **Reaction:** what did you do?

Describe how your Emotions and Reactions are **helping or harming.**

Detect patterns: Identify any patterns in your thoughts that undercut your performance and mental toughness.